

Westport Center for Senior Activities

Zoom Classes Winter 2021



The WCSA is pleased to offer classes on Zoom. **To register for any of the below listed Zoom classes, please call 203-341-5099.** The WCSA also offers online registration available for the Winter Semester. See “How to register online” on page 2 for more info. Staff will also help you register over the phone or you may register by mail. You may pay by credit card or by check made out to WCSA and mailed to: Westport Center for Senior Activities, 21 Imperial Ave., Westport, CT. 06880. Please note: Some classes have limited space and will be filled on a first come first served basis. Westport resident registration begins on **Mon. Nov. 30** and out-of-town registration begins on **Mon. Dec. 7**. **All classes on Zoom require pre-registration.** There is a locked drop box located outside the front door of the WCSA for your convenience to drop off your checks and registration forms.

WCSA Online Classes Winter 2021: Writing & Art	Instructor	Dates	Cost	Total sessions	No Class Dates
Bringing the Outdoors In, Thurs. 1:00 pm. <i>Limit 20</i>	Chris Goldbach	1/7-3/25	\$40	10	1/21, 3/4
Still Life, Thurs. 4:00 pm. <i>Limit 15</i>	Chris Goldbach	1/7-3/25	\$40	10	1/21, 3/4
Drawing Flowers, Tues. 1:00 pm. <i>Limit 15</i>	Dick Rauh	2/23-3/30	\$24	6	
Winter Fruits & Veggies in Pastels, Fri. 10:00 am. <i>Limit 12</i>	Lisa Arnold	1/15-2/26	\$28	7	
3-D Origami w/Nor, Tue. 10 am. <i>Limit 6</i>	Nor Smitobol	1/5-3/30	Free	13	
Knit One Nibble One, Tues. 1:00 pm. <i>No Limit</i>	Ellen Lane	1/5-3/30	Free	13	
Learn to Play the Ukulele, Tues. 1:00 pm. <i>Limit 12</i>	Uncle Zac	1/5-3/30	\$52	13	
Advanced Writers Workshop, Tues. 10:30 am. <i>Limit 8</i>	Jan Bassin	1/5-3/23	\$80	10	2/23, 3/2
Advanced Writers Workshop, Tues. 1:30 pm. <i>Limit 8</i>	Jan Bassin	1/5-3/23	\$80	10	2/23, 3/2
Advanced Writers Workshop, Wed. 10:30 am. <i>Limit 8</i>	Jan Bassin	1/6-3/24	\$80	10	2/24, 3/3
Advanced Writers Workshop, Thurs. 10:30 am. <i>Limit 8</i>	Jan Bassin	1/7-3/25	\$80	10	2/25, 3/4
Advanced Writers Workshop, Thurs. 1:30 pm. <i>Limit 8</i>	Jan Bassin	1/7-3/25	\$80	10	2/25, 3/4
Write with Us/ Writing Prompts! Wed. 2:00pm	Jan Bassin	1/6-3/24	\$40	10	2/24, 3/3

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All Zoom Classes Require Pre-registration



<u>WCSA Online Classes Winter 2021:</u> <u>Exercise</u>	Instructor	Dates	Cost	Total sessions	No Class Dates
Tai Chi Intermediate, Mon. 10:30 am.	Mari Lewis	1/4-3/29	\$44	11	1/18, 2/15
Tai Chi Beginner's, Wed. 10:00 am.	Mari Lewis	1/6-3/31	\$52	13	
Tai Chi Advanced, Fri. 11:15 am.	Mari Lewis	1/8-3/26	\$48	12	
Weights in Motion, Mon. 9:30 am.	Shelley Moll	1/4-3/39	\$44	11	1/18, 2/15
Zen Flow, Wed. 9:30 am.	Shelley Moll	1/6-3/31	\$52	13	
Cardio Strength, Fri. 9:30 am.	Shelley Moll	1/8-3/26	\$48	12	
Dance & Stretch, Tues. 1:00 pm.	Sandy Adamczyk	1/5-3/30	\$52	13	
Strength Training, Mon. 1:00 pm.	Sandy Adamczyk	1/11-3/29	\$40	10	1/18, 2/15
Strength Training, Wed. 10:00 am.	Sandy Adamczyk	1/6-3/31	\$52	13	
Pilates, Mon. 3:15 pm.	Jeannie Labate	1/4-3/29	\$44	11	1/18, 2/15
Pilates, Thurs. 10:45 am.	Jeannie Labate	1/7-3/25	\$48	12	
Yoga, Total Health, Mon. 8:45 am.	Denise O'Hearn	1/4-3/29	\$44	11	1/18, 2/15
Yoga, Total Health, Wed. 8:45 am.	Denise O'Hearn	1/6-3/31	\$52	13	
Yoga, Total Health, Fri. 8:45 am.	Denise O'Hearn	1/8-3/26	\$48	12	
Yoga/Core Strength, Sat. 10:00 am.	Maria Vailakis-Wippick	1/2-3/27	\$52	13	
Yoga Gentle, Sat 11:15 am.	Maria Vailakis-Wippick	1/2-3/27	\$52	13	
Yoga Beginning, Thurs. 10:00 am.	Maria Vailakis-Wippick	1/7-3/25	\$48	12	

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WCSA Online Classes Winter 2021: Exercise	Instructor	Dates	Cost	Total sessions	No Class Dates
Slow Flow Yoga, Thurs. 11:45 am.	Paula Schooler	1/7-3/25	\$48	12	
Therapeutic Yoga, Thurs. 7:45 am.	Paula Schooler	1/7-3/25	\$48	12	
Yoga Wellbeing, Tues. 7:45 am.	Paula Schooler	1/5-3/30	\$52	13	
Essentrics, Mon. 11:00 am.	Dyan DeCastro	1/4-3/29	\$44	11	1/18, 2/15
Essentrics, Thurs. 10:30 am.	Dyan DeCastro	1/7-3/25	\$48	12	
Zumba Gold, Wed. 10:30 am.	Karen Liss	1/6-3/31	\$52	13	
NEW! Muscle & Tone, Tue. 10:00 am.	Judy Samuels	1/12-3/16	\$40	10	

WCSA Online Classes Winter 2021: Language/Wellness	Instructor	Dates	Cost	Total Sessions	No Class Dates
Intermediate French, Wed. 2:30 pm.	Nell Mednick	1/6-3/31	\$52	13	
Conversational French, Wed. 1:00 pm.	Nell Mednick	1/6-3/31	\$52	13	
Mindful Healing: Finding Peace in the Storm, Thurs. 11:00 am.	Dr. Paul Epstein	1/7-3/25	Free	12	
Current Events, Fri. Noon	Jon Fox	1/8-3/26	Free	12	
Parkinson's Support, Wed. 10:00 am.	Maureen & Alison	1/27, 2/24, 3/24	Free	3	
Just for Women, Thurs. 3:30 pm.	Muriel Levine	1/7, 1/21, 2/4, 2/18, 3/4, 3/18	Free	6	
Happy Hour with WCSA Staff, 3 rd Tues. of the Month 3:30 pm.	Staff	1/19, 2/16, 3/16	Free	3	
Caregiver Support, 1 st & 3 rd Wed. of the Month 10:00 am.	Terry Giegengack	1/6, 1/20, 2/3, 2/17, 3/3, 3/17	Donation Suggested	6	
NEW! The Words We Live By Part II, Mon. 10:30 am.	Art Gottlieb	1/4-3/8	\$46/\$32	8	1/18, 2/15

The Westport Center for Senior Activities

Registration Worksheet

Winter 2021

Westport Residents: Registration Starts Monday, Nov. 30th at 8:30 am.

Out-of-Town: Registration Starts Monday, Dec. 7th at 8:30 am.

Registration for the January – March 2021 semester can be done at MyActiveCenter.com, or by calling the WCSA at 203-341-5099, or by mailing or dropping off in our locked drop box, your completed registration form with a check made out to WCSA. If you register by phone or online, you must pay with a credit card at the time of purchase. Credit card transactions are subject to an additional fee of 2.65%. Phone registrations will be available from 8:30 am to 4:30 pm Monday – Friday. There will be **no** in-person registrations, as the Center remains closed due to COVID-19. Please do not leave your registration requests on the answering machine as they will not be honored. The WCSA has a locked drop box near the front door if you prefer to drop off your registration form with your check. *Please note: A \$10.00 late fee will be added for anyone registering after Dec. 30th for any class that runs the entire semester.* Scholarships for Westport residents are available by contacting WCSA Director, Susan Pfister at 203-341-5098. All scholarship requests will be kept confidential. If you are registering for more than one class and paying by check, one check may be written for the sum of the registration fees. Checks are to be made payable to WCSA.

<u>Class</u>	<u>Day(s)</u>	<u>Time(s)</u>	<u>Instructor</u>	<u>Fee</u>
				\$
LATE FEE...				
TOTAL PAYMENT DUE.....				\$

Name: _____ Phone #: _____

Westport Resident? ____ Yes ____ No Date: _____

*Email address: _____

**Required for all online classes*